Army Center of Excellence, Subsistence

US ARMY CULINARY ARTS PROGRAM

Cold Food

- THEME - HOLIDAY, SEASON, REGIONAL
- MENU - GOOD HARMONY BETWEEN DISHES
  - COMPATIBLE INGREDIENTS AND FLAVORS
  - VARIETY OF SKILLS
- EXECUTION
  - CLEAN SLICING, KNIFE SKILLS, GLAZING
  - CORRECT DONENESS, CONSISTENCY

Photos From Olympics 2000

USACAT Teamwork - Marzipan Tree - SGT Villarreal, USAREUR

Proper Planning Drawings and Photos

Proper Planning and Documentation with Drawings and Photos

1. **Saves Time, Money, Confusion during stressful environment**
2. **Product needs, preparation - easier with visual record**
3. **Necessary to ensure you are not duplicating items, techniques, flavors, textures**
4. **Make assembly easier in busy, intense situations**
5. **Insure consistency**
6. **Part of the “Three-step method” to**

Proper Planning Drawings and Photos

Garnishing Techniques

Functional Batch Garnishes

These garnishes are edible food items that actually enhance the presentation of the product while enhancing the dining experience and value of food on the diners plate. They are normally small diced vegetables that always compliment the flavor of the dish which they garnish. They are always cooked and used heated if the food they garnish is served hot. Cold batch garnish is utilized to garnish cold foods.

Individual Garnishes

These garnishes are intended for single serving sized portions, for example, chicken breasts or fish fillets. They compliment the food they garnish in flavor, temperature, and eye appeal. They should enhance the eating quality and value of the food that the customer sits down to eat at the table.

Garnishing Examples

Functional Batch Garnishes

- **Enchiladas - sliced black olives and green onions**
- **Beef Stroganoff - sautéed mushroom quarters and pearl onions**
- **Chicken A La King - steamed peas, diced celery and carrots**

Individual Garnishes

- **Chicken breast teriyaki - grilled pineapple and green pepper**
- **Grilled steak - sautéed mushroom cap and tomato slice with parsley**
- **Baked herbed flounder with sautéed diced tomatoes, cucumbers, and dill**

Garnishing Examples

- **FUNCTIONAL BATCH**
  - **Maple Glazed Green Beans with Carrots and Almonds**
  - **Roast Turkey Breast with Fresh Chopped Parsley**
  - **Baked Pineapple Glazed Ham with Diced Pineapple Compote**
  - **Chive Whipped Potatoes with Diced Tomatoes and Parsley**
  - **Candied Yams with Orange Zest and**

Garnishing Examples

- **FUNCTIONAL INDIVIDUAL**
  - **Sweet Potato Duchess with Walnuts, Marshmallows, and Apples**
  - **Baked Chicken Breast with Glazed Apple Fans an Parsley**
  - **Dill Baked Fish with Lemon Twists**
  - **Grilled Steak with Sauteéd Mushroom Caps and Parsley**
  - **Sweet Potato Pie with Whipped Cream**
  - **Cheesecake with Strawberries**

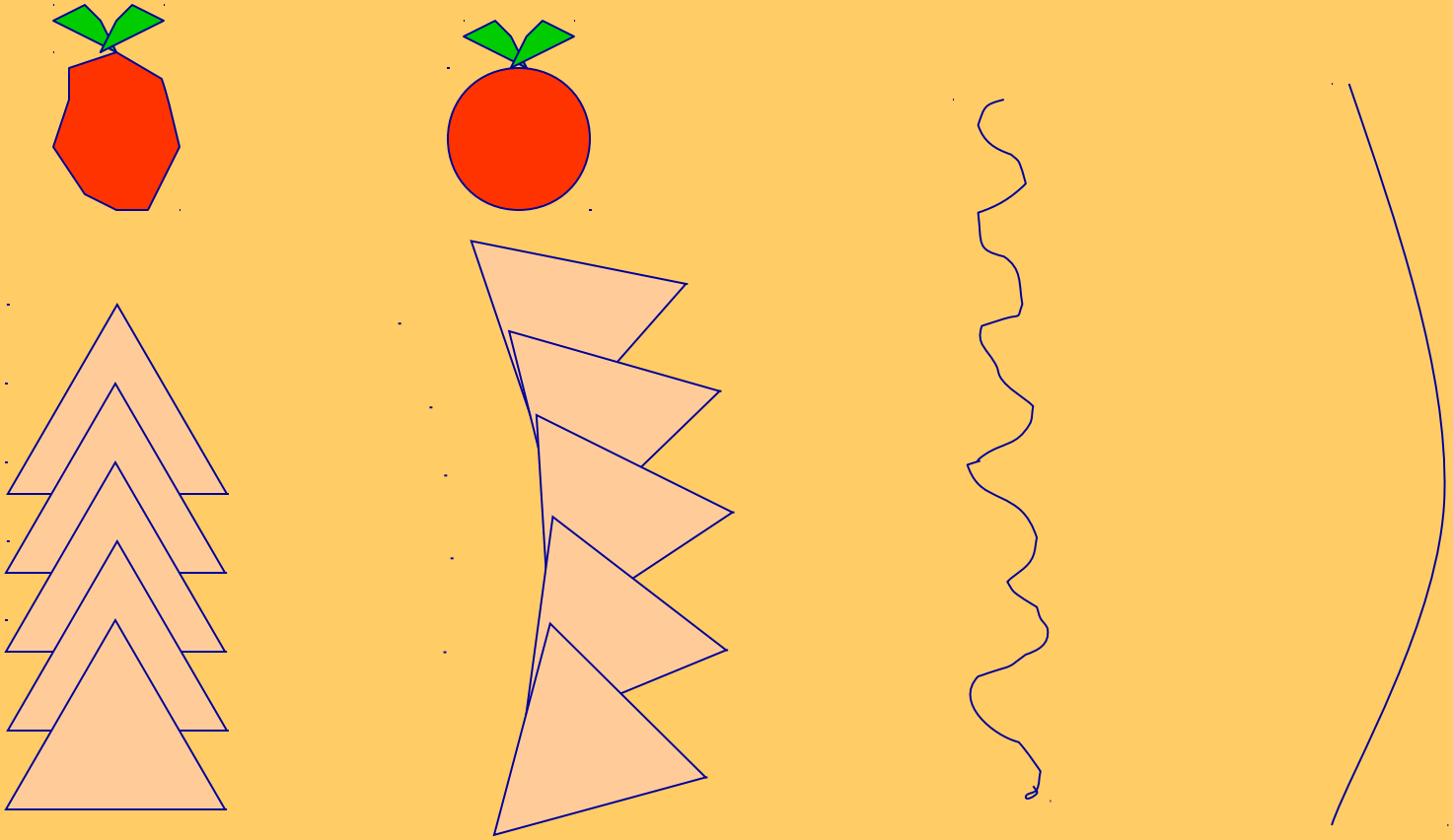
Garnishing Technique #3

- **DELIVERY SYSTEM**
  - **– Steamship Round with Au Jus, Dinner Rolls, and Creamy Horseradish Sauce**
  - **– Assorted Whole Desserts presented on a table with a server**
  - **– Bananas Foster and Cherries Jubilee with Ice Cream**
  - **– Dinner Rolls presented flowing from a wicker basket with whipped butter**
  - **– Sparkling Cider or Punch from a fountain**
  - **– Shrimp Cocktail served from an Ice Sculpture**

Food Presentation Techniques

- Character and Flavor
- Actual Presentation should fo
  - Balance
  - Line
  - Layout
  - Dimension / Height
  - Slicing / Angle slicing
  - Serviceability

Food Presentation



Weak Strong Weak Strong

FACT: The human eye is attracted to strong lines.

The Menu

- Same meat or poultry should not appear twice on one menu even if it is different preparation

- Cooking methods must be varied, don't follow poached fish with poached chicken

- Complimentary flavors must be ev

- Proper balance of textures should noticed

- Garnishes should be varied

- Colors should be alternated

The Menu

- **Menu should be written in clear, comprehensive language**

- **Classical garnishes such as lardons, mushrooms, and pearl onions in Beef Bourguignon are usually part of the dish and should not be considered the vegetable or starch**

- **Food should follow current nutritional standards**

- **Appetizers should be small in portion size and establish the theme of the meal to come**

Sample Menu Presentations

Natures Bounty
Seared Foie Gras Hudson Valley
wild mushrooms, fried onion polenta, berry sauce
caramelized leek, white bean chive puree, chive cracker
Sea-Fest Melange in Manhattan Fish Consommé
brunoise vegetables, shellfish, and fish sausage
potato and bacon dumpling
Grilled Mushroom Composition
a medley of mushroom preparations romancing a citrus mignonette tossed
foundation of mesclin with sundried tomato and onion wfer gallette
Hunter's Jerked Venison
with roasted garlic mashed potatoes, pea puree
concasse of tomato and shallot
seasonal vegetables
Pistachio and Cherry Log Terrine
cherry and vanilla sauce

Christmas Capon
Platter for Eight

Smoke Roasted Breast of Sage Infused Capon

Capon Thigh Pastrami

Chestnut, Blue Cheese, and Dried Fruit Salad

Terrine of Brine Cured and Simmered Giblets
With Fine Herbs and Pomeroy Mustard Chaud Froid

The Menu
Hot Food 4-course

- **First and second course: Appetizer, soup, egg dish and salad - these are usually served before the main course.**

  - **Any two of the four are correct.**

  - **Salads may be served before or after the main course but not both.**

- **Third course: Main entrée - must be accompanied by appropriate vegetable garnishes**

- **Fourth: Dessert - hot or cold.**

The Menu
Cold Food 7-course

- **May consist of the following:**

1. Cold or hot hors d' oeuvre or appetizer

2. Soup - potage in a soup plate, clear soup in a cup

3. Fish or shellfish - depending on the entrée, a poultry item may be used

4. Palate cleanser no more than one bite, (acidic)

5. Main course - with appropriate vegetable garnish

6. A cold dish with salad or fine vegetable (may be served before or after entrée in modern service)

The Most Common Mistakes

1. Portion size too large (how much is enough?)

2. Menu does not use a variety of preparations, techniques (example)

3. Menus do not contain proper variety of textures (example)

4. Improper or confusing progression of the courses

5. Sliced pieces on platters or plates are not properly arranged (how should they be arranged?)

The Most Common Mistakes in Garrison Meals

balance of carbohydr
y much?)

7. Lack of accompanying sauces or dressing for menu

8. Improper descriptions of preparations on menu

9. Lack of theme and flavors throughout the meal

Menu

➜FOUR COURSE MENU - HOT, COLD, HOT, COLD

- FLAVORS AND COMBINATIONS THAT ARE FAMILIAR
- AVOID BEING TOO SPECIFIC IN DESCRIPTIONS
- BELLS AND WHISTLES ARE FUN FOR EVERYONE
- NUTRITION (30% FAT, 50% CARBOHYDRATE, 20% PROTEIN)
- INCORPORATE DIFFERENT TEXTURES
- ADVANCED TECHNIQUES

MENU SAMPLE Category K

Roasted Stuffed Breast of Duck
with Duck Jus Lie (not Thyme Jus Lie)
Savory Wild Rice Blend
Green Beans with Shallots and Tomatoes
Leek Garnish, Glazed Orange Sections
Rye Cracker

Army Center of Excellence,Subsistence

27th Annual
Us Army Culinary Competition

FOOD PREPARATION

- TRADITIONAL MENU
- DIFFERENT TECHNIQUES
- QUALITY FOOD

MENU SAMPLE Category E

Contemporary American Cuisine 1st and 2nd course

Essence of Celery
Chiffonade of Leek and Diced Apple
Celery Seed and Herb Cracker

Seafood Melange
With a Vegetable Terrine, Tarragon Vinaigrette
Tossed Mesclun
and Roasted Red Pepper Coulis, Chive Oil
and a Savory Coux Paste Crisp

MENU SAMPLE Category E

Contemporary American Cuisine 3rd and 4th course

Filet of Ostrich on an Aisago Cheese Polenta
And Tomato Mushroom Ragout
with Thyme and Rosemary Infused Jus Lie
Bernaise Sauce
Medley of Vegetables

Cream Moule
Accompanied by a Cinnamon Spiced Syrup Sauce
with Orange Sections and Strawberries
Almond Tuille Cookie

MENU SAMPLE Category A

Pacific Rim Seared Ahi Tuna With Mango Daikon Salad

Chilled Grilled Shrimp Terrine With Potato Caper Salad

Vegetable and Chevre Terrine With mesclun in light vinaigrette

Cured Lamb Sausage With Eggplant and Garlic

Smoked Cured Salmon and Cream Cheese Gallette With Asparagus and Dill

Chicken Liver Galantine With Truffle Trimmings and Patty Pan Salad

Composition Salad

MENU SAMPLE Category B

Picnic Salad Composition
Potato, Coleslaw, and Pasta Salads
Accompanied by a Deviled Egg and Pickle
Terrine
Potato-Herb Crisp

Barbecued Pork Chop
Baked Beans, Collard Greens, Corn Bread
Johnny Cake

Strawberry Charlotte
with Chocolate Decoration and Strawberry
Sauce

MENU SAMPLE Category B

MENU SAMPLE Category C

Cold Buffet Desserts

Trio of Pears Dessert Platter

Pear and Bavarian Cream Terrine
With Chocolate Jocande and Chocolate Curls
Citrus Poached Spiced Pears with Pistachio Paste
Gran Manier, Raspberry Truffle Pears
Pistachio Tuile

Currant Sauce Orange Sauce

Pastry Components

- **Creamy, Meaty, Crunchy - Essential Textures**
- **Sauce consistency**
- **Clean Finish with no hassle**
- **Extremely important because it is the last dish and judges remember it the most**
- **Have basic recipes printed out so you can delegate**
- **Keep it simple and execute well**
- **Cold plate or Hot plate**
- **Variety of Skills**

Pastry Components

- **Creamy, Meaty, Crunchy - Essential Textures**

Pastry Recipes

- **Have basic recipes printed out so you can delegate**

- Tuille:

2 oz flour
2 oz powdered sugar
2 oz melted butter
1 egg white
chopped nuts to sprinkle on before baking
extra powdered sugar for dusting
cocoa if chocolate tuille striping is desired

Pastry Recipes

- **Have basic recipes printed out so you can delegate**

- Syrup Sauce:

1 liter water
800 grams sugar
fresh lemon juice
cinnamon stick
cloves
fresh fruit slices, wedges, or orange sections

Petite Fours

Photos to Learn From

Olympic 2K Cakes

Showpieces

- Many mediums may be used

- Stay away from artificial materials except as permitted for structure and support

- Molds do not demonstrate talent or creativity - AVOID

- Show animation or activity if possible to excite the viewer

10 Most Common Mistakes Pastry

1. **Portion size too big or small - 1 1/4 oz. Petite fours, 3.5 oz. Dessert**
2. **Coating too thick or sloppy**
3. **Thickness of rolled or piped items too thick**
4. **Improper use of glazes**
5. **Lack of imagination and overly complex presentation**

10 Most Common Mistakes Pastry

6. Oversized centerpieces. Quantity and size do not show quality

7. Individual dessert plates - overdone or not enough “philosophy”

8. Improper use of colored sugar, too much color used

9. Poor layout of plates and platters. Keep with the elements of flow, focal point, heights and dimension, balance, and strong lines.

10. Failure to maintain the integrity of the dessert

Ice Carving

- DESIGN ORIGINALITY
- TEMPLATES, PAPER, PLASTIC
- USE OF TOOLS
- SAFETY
- FINISHED LOOK
- PRACTICE THE PIECE FOR TIME AND EXECUTION

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Ice Carving - Kyoto, Japan 2002

Key Points for Success

- ✔ KEEP MENU FAIRLY SIMPLE
- ✔ PREPARE FOOD YOU ARE FAMILIAR WITH
- ✔ FOCUS ON MASTERING THE BASICS
- ✔ STAY ORGANIZED
- ✔ HOT PLATES HOT, COLD PLATES COLD
- ✔ WORK WITH A SENSE OF URGENCY
- ✔ REHEARSE, GET FEEDBACK, REHEARSE AGAIN